

Lanarkshire Carers Centre



Services We Offer



Carer Support

We have Carer Support Workers based throughout Lanarkshire that provide individual support to help you manage and continue your caring role. This can cover a range of information about your rights, services available, help with grants and benefits, accessing a short break including respite and someone who can offer advice and time to listen.

Carer Support Groups

Local Carer Support Groups meet throughout Lanarkshire. These groups bring carers together to share information, talk openly about issues, meet other carers, relax and enjoy the company of others. There are area based groups as well as International Women's Group, Men's Group, Parent Carer Groups and others. Meeting times, venues and frequency vary so please contact us if you are interested in attending.

Caretalk

Our Caretalk service provides a weekly telephone call to carers. This regular, friendly call can help carers feel less isolated and provides contact for further support when required. This service is available in a range of languages including English, Urdu, Punjabi and Polish.

Training

Our Carer Training Programme covers a range of topics to help you feel confident in your caring role and look after your own health and wellbeing. If your caring role is new, our Steps of Caring Programme will provide useful information and helpful contacts. Other topics cover a range of issues that are specific to your caring role. We are always interested in suggestions for new topics that will support carers so please let us know if you have any ideas.

Creative Breaks

We have been awarded funding from the Creative Breaks Fund, provided by the Scottish Government. Carers and young carers who are caring for an adult (aged 21 and over) can apply for funding to help them access a short break. All applications should be signed by a local Carer Support Worker from our organisation and will be considered by a panel that meets monthly.

Black and Minority Ethnic Service (BME)

We provide support to BME communities. Our BME Carer Support Worker's role is to identify, engage and support BME carers throughout Lanarkshire. Help to access written and oral translation can be provided. Urdu/Punjabi direct line on 07780 926595, Chinese direct line on 07746303607

Blood-Borne Viruses Project (BBV)

We support carers and family members who are affected by Blood-Borne Viruses. Our BBV Carer Support Worker provides targeted support and awareness raising activity.

Carers Registration Card

Our Carers Registration Card provides access to some of our services and offers a range of discounts with local organisations and businesses. All new applicants receive access to up to 8 weeks free local leisure opportunities (eligibility applies)

Pampering

We have Pampering services in a number of venues throughout Lanarkshire. Therapists provide holistic and beauty treatments that can offer you time away from your caring role and a chance for you to relax. These services are provided at a subsidised rate and can also be accessed by the person you care for in some venues .

Carers Foot Clinic

We have Carers Foot Clinics that provide podiatry services in a number of venues. To access appointments you need a Carers Registration Card. This service is offered at a subsidised rate.

Volunteering

Lanarkshire Carers Centre has a team of volunteers who help to deliver our services. Training and support is offered and there are opportunities to suit different interests, experience and circumstances. If you would like to contribute in this much needed and valued way please speak to one of our staff.

Information and Events

Lanarkshire Carers Centre provides information and advice to carers and can signpost and refer to other agencies as required. We also arrange and take part in a number of events for carers throughout Lanarkshire. You can sign up to receive our news and information updates by email.

Fundraising

We have a number of fundraising initiatives including our recycling service where you can donate any unwanted jewellery, mobile phones and foreign currency. Our 50/50 club is open for anyone to join and members can win a cash prize every month. Application forms are available on request.

Moving Forward from Caring

Carers who have accessed our services are offered support when their caring role changes or ends. We provide information about other community organisations that provide services appropriate to your circumstances.

Further information about Lanarkshire Carers Centre services and other topics can be found on our website: www.prtlcc.org.uk

We are also on Facebook and twitter, where you can keep up to date with our latest news. Please feel free to drop into one of our centres, call or email us and we will be happy to assist you further.

Hamilton Centre

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60 Castle Street
Hamilton, ML3 6BU

Airdrie Base

92 Hallcraig Street
Airdrie
ML6 6AW

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